

THE KWAJALEIN HOUR GLASS



**Let us introduce
you to this
pilot's doctor**

— page 4

(Photo by KW Hillis)

WHAT'S INSIDE

**Editor examines the
back of his television**

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**Quarters of the Quarter
awarded**

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Letters to the Editor

Roi reader takes issue with column

I am inquiring if you would like to start a letter to the editor column? My question is in response to an article that was printed in a recent edition of the *Hourglass* [Roi trip takes writer into past; desecration brings her back, Sept. 16] in where the insinuation of Roi residents condoning the desecration of the artifacts and historical buildings just

seems ludicrous.

I myself, a new employee to the island, have taken offense by this accusation that "thoughtless acts of vandalism, littering and looting of these crumbling WWII historical buildings seem to be normal, acceptable behavior?" I would challenge your reporter to validate her accusation not just put out the usual diatribe to make her own emotions rule her column.

In coming to this island I have enjoyed all the historical buildings and artifacts I have come to see. I would love to have been with your reporter and seen her pick up that beer can and thrown it away.

What I have seen since I have been here, though, is that the buildings she is referring to have been put off limits to us. Was that litter new or was it already decomposing. Was it a Roi resident? Was it a visitor? I ask this because living here on Roi, I would not be drinking in an abandoned building. Who would?

Maybe this reporter should look into the disparity between Kwaj and Roi. All you have to do is look at the simplest things. Maybe look into things that will pull together both Kwaj and Roi to work as a cohesive community not being divisive.

Thanks,
— Chris Heivilin

I'm a bonehead; It's not CATV

By Jim Bennett
Editor

Sometimes you just have to learn things the hard way.

My wife tells me, televisions, VCRs and a variety of other electronic gizmos in my house arrive packaged with an instruction booklet. Now, I have been operating a television for the better part of three decades. For what do I need an instruction book?

Actually, it goes beyond that. When I was a kid, my father built a television from one of those kits; and later my step-father, Joe, or brother, Monty, would handle the electronic matters of the house. That's where I initially learned to swear.

In college, we had Scott Stine, a pre-med student in the fraternity who handled all of our electronic needs, which mostly involved setting up the 16-foot speakers on the roof of the house, hanging cables off the roof and running them through the broken plate glass window in what was called the library, but was really the room where we kept a cooler of beer and the nice wingback chairs given to us from some alum, or come to think of it, Stine's parents. Stine went on to become president of the house, owing to his handiness, and later, a doctor with a practice in Indiana.

So, beyond turning the stuff on, I've

(See TELEVISION, page 5)

Letters to the Editor

Keep letters to less than 300 words, and keep your comments to the issues. We will edit for AP style and, if you exceed the word limit, space. Please limit yourself to one letter every 30 days to give other readers a chance to write.

Send your letter to:

The *Hourglass*, P.O. Box 23, Local; or
jbennett@kls.usaka.smdc.army.mil.

Marshalllese Word of the Day

marmar — necklace

The Kwajalein Hourglass

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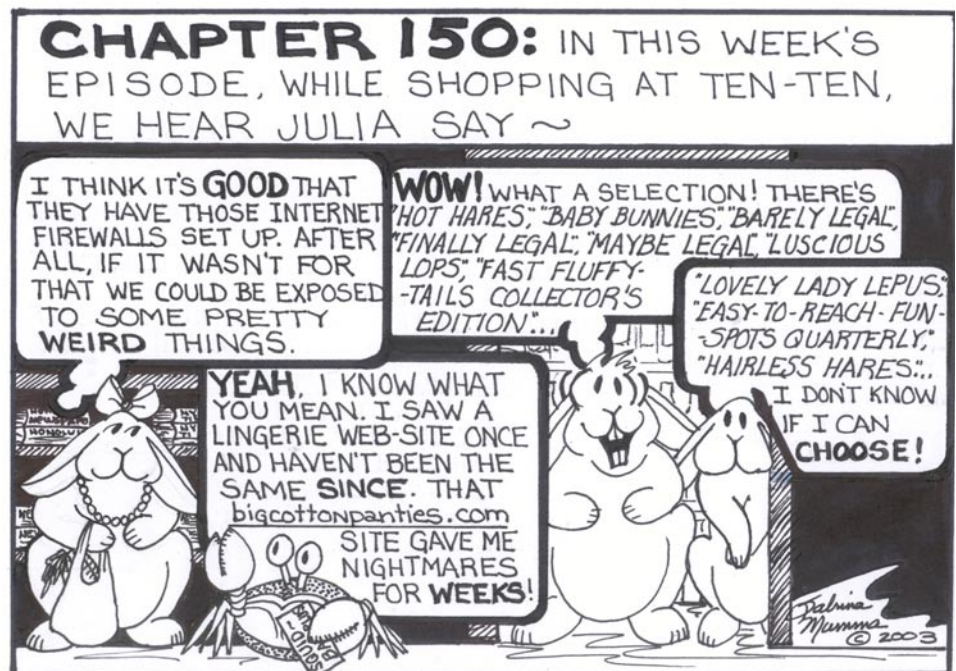
The *Hourglass* is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb 4, 1944.

The Kwajalein *Hourglass* is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to USAKA. Contents of the *Hourglass* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAKA. It is published Tuesdays and Fridays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff, P.O. Box 23, APO AP 96555.

Phone: Autovon 254-3539; local 53539.
Printed circulation: 2,000

Buckminster and Friends

by Sabrina Mumma



Quarters of the Quarter



Ocean Housing Area — Billy and Lauren Traweek, 407-B



Roi-Namur — Robert and Daw Linstead, Trailer #8212



North Housing Area — John and Suzie Jorgensen (not pictured), 131-E



Central Housing Area —
Rodolfo and Tessie Geronimo,
430-A

*Kwajalein photos by
Twilyn Sheet*

*Roi-Namur photo courtesy
of Floyd Corder*

South Housing Area —
Selentina Beniamina, TR 620



Emon Housing Area — Father William Sullivan, TR 835

Local doctors elevated to flight surgeons

By KW Hillis
Assistant Editor

The UH-1 helicopter, flown by AirScan pilot Roy Howard and co-pilot Helbert Alfred, expertly landed squarely in the middle of the painted pad beside the Atoll Terminal, Friday morning. But, being dual-rated or experts in flying both the U.S. Army helicopters and the inter-atoll planes is not all that is required of the 12, on-staff, AirScan pilots. An Army regulation and a subsequent March 17 contract change mandates that each pilot have dual health certificates and three physicals a year. The change also sent Dr. Eric Lindborg to flight surgeon school.

Until the modification, the first class Federal Aviation Administration physical was given twice a year to civilian pilots, said Dr. Eric Lindborg, Kwajalein Hospital chief medical officer.

"Even though our pilots are not joining the Army, their guidelines for continuing to do flight duty have escalated," he said.

The Berry Aviation pilots, who augment AirScan's staff, only fly the Metroliner planes and are not required to have the Army physical, only the FAA physical, said Bruce Hansen, AirScan manager.

Certified as FAA senior aviation medical examiners, Lindborg and Dr. Edward Paget performed the twice-yearly FAA physicals on the civilian pilots issuing FAA Class 1 certificates. The newly-required yearly Army physical for dual-rated civilian pilots also added another requirement. The physicals must be given by an Army flight surgeon.

"Initially in order to deal with this, an Army flight surgeon came out to do some baseline exams and to help orient Dr. Paget and myself to how the process works," Lindborg said.

"The Army guidelines are more rigorous in terms of physical requirements. These are requirements that apply to pilots who are going into combat, so that somebody who would certify for a first class FAA certificate may not necessarily meet Army criteria."



(Photo by Jan Waddell)

Kwajalein pilots see this view often while on duty, but before they fly they must pass rigorous medical exams.

For example, the FAA has a near, far and intermediate vision requirement while the Army has just a near and far, he said. The FAA accepts 20/30 vision, but the Army's standards are 20/20.

Although the FAA and Army standards do vary, the Army does waiver requirements, Hansen said, explaining that the Army recognizes that hearing and vision is affected by age.

"They accommodate those deviations from the requirements," he said.

Another difference between the two is the number of lab tests. The FAA does not require a lot, unless there is an indication or history of a problem, he said.

The Army requires tests "that have to do with long-term health as opposed to just the short term concerns regarding incapacitation that drive FAA requirements," Lindborg said.

The physical also required a "whole set of different forms that are required to document, to the Army's satisfaction, that everything has been done," he said.

Years ago, Paget was certified as an Air Force flight surgeon, Lindborg said. Lindborg, with no military background and a schedule that worked, attended the training at Fort Rucker, Ala. and updated Paget when he returned.

The Army views both Paget and Lindborg as Army flight surgeons capable of performing the physicals, he said.

For four weeks, Lindborg, the only civilian in shorts and sandals in a

room full of uniformed, Army flight surgeons, learned first-hand about the guidelines, documentation and flight environment.

"They ended up putting the docs into flight simulators so you get an idea about physically what is required to operate [an aircraft]," he said. "There was significant training and focus on night flights and night goggles and the limitations involved with running helicopters under those circumstances."

The hands-on training gives the physicians a better idea of a pilot's work environment so they can make better decisions as to whether a pilot should be allowed to fly or not, he said.

Under Army guidelines, a TDY Army flight surgeon could not provide the needed care since a pilot is automatically grounded when he or she is sick, taking any medicine, or sees a doctor other than the flight surgeon, said Maj. Jud McCrary, USAKA director of Logistics and Community Activities. Before the pilot can fly again, he or she must see the flight surgeon.

"An Army aviator is not allowed to take aspirin or prescribed medicines without a flight surgeon's approval," he said, explaining that the flight surgeon can issue a memorandum that gives a waiver so pilots aren't grounded if they take certain medicines, for example, aspirin.

In the Army, the flight surgeon gets to know each pilot in his bat-

(See FLIGHT, page 5)

Television woes result in simple, working advice ...

(From page 2)

never needed much expertise with electronics until now.

I'd like to think that I'm a well-rounded enough individual that without television, I'd be OK. And I like TV as much as the next guy, especially baseball, football and anything involving Sarah Michelle Geller.

But when we suffered the television crisis that was last week, I found myself at a loss. I'd stare at the blank screen, mindlessly eating my Tostitos and cheese dip repeating, "Go Cubs. Boomer Sooner. Yeah Buffy," like a mantra. Alas, to no avail.

My 2-year-old daughter had the answer as she held out her Winnie the Pooh DVD, Monty and his wife, Kim, sent for Christmas. We've watched it 542 times. I'm sending him a fruit cake next year.

This week, however, I was invited to the meetings over how to improve reception for those folks not yet getting all of the new channels. The idea was, I would report to you, the readers, what was happening.

AFN Chief Engineer Craig McCarraher explained, the unforeseen problems of transmitting ultra-high frequency television through palm trees and cinder block and aluminum walls.

AFN's Programs Director Rich Feagler piped in, "TVs aren't like when we were kids. Good thing we have digital readouts or with cable today, you'd have knobs this big around [note the



visual of his arms spread as far apart a possible]."

"And you'd get carpal tunnel turning the knob just trying to find something to watch," I added.

I had visions of my mother and father around the TV he built, my dad fiddling with something in back, cussing up a storm, while my mom held out a coat hanger attached to a wire and moved about the room.

"Stop there," my brother and I would say, when the picture became clear. And that's how we watched the 1980 Olympics in Lake Placid when the U.S. hockey team beat the Russians — with my mom standing in the middle of the living room.

Back in reality, I returned home that night and hit the auto-program feature on my television, thinking that would solve my personal reception issues. Strangely enough, my TV stopped at channels 65, 68, 71 and 75. And what I got was fuzzy. I kept looking around for the girl from "Poltergeist," to ask her what was possessing my television.

Then, I broke the manly man code and asked for help. After all, Stine was in Indiana treating some fella for a snipe

bite, according to his receptionist.

I mentioned the problem to McCarraher, who my daughter calls Uncle Craiger. Throughout the installation, she pointed to the towers saying, "Uncle Craiger in the sky? Uncle Craiger in the sky."

Isn't it ironic, there he is, tied to a pole 165 feet in the air, and his nickname is Crash? But I digress.

And Crash did a little research. Turns out, modern televisions, at least as modern as 1989 (incidentally, the last time the Cubs won their division), have two settings — one for cable television, or CATV for short, and one for antenna, or antenna for short. The cable frequency settings are like 2MHz off from their antenna counterparts, "which is huge," McCarraher said.

"Sure," I said, nodding knowingly.

He explained where to find the appropriate menu to set the television for antenna, rather than CATV, reception. It's one of those menu pictures on your television. I did this and, voila, I've got all the channels.

Admittedly, an outdoor antenna, such as is being discussed, will help, but at least everything is coming through, and I live out in Silver City near Emon Beach.

The downer is for five years now I've watched everything with just a little fuzz, never knowing the picture could have been clearer, but for those 2MHz.

Excuse me for a moment, my wife has the antenna.

"Gina, move to the left a little bit. Good. Stand there."

Army flight regulations are more stringent than FAA ...

(From page 4)

talion, so if the pilot is stressed or has problems that are bothering him or her, the surgeon will ground the pilot, McCrary said.

The FAA takes a different tack on illness and medication.

"The FAA recognizes the hazards associated with taking certain kinds of medication," Hansen said. "They rely on the individual to report that to them if there is a change in their health or they were required to take certain medications, whereas the Army mandates that regardless of what you're taking and for whatever purpose it is, you receive a medical clearance."

Aviation on Kwajalein has operated for decades with only the FAA physicals, he said.

"We feel that that was adequate

given the circumstances that we are operating under," Hansen said. "The nature of our business is much more like a civilian operation."

The government-owned helicopters now do require the additional oversight and physicals, he said, adding that the Army regulation that AirScan uses as its primary guidance is the same, except for the title, as the one all the other military services use.

"The Army is the only service that requires a military medical," he said. "All the other services are satisfied with the same FAA Class 1 physical that we have used out here for decades ... The bottom line is, we have been directed to do this and as a contractor, we comply with that."

"I would say there are some benefits to be derived from [Lindborg's]

going to that course and his ability to look at us with a fresh perspective," Hansen said.

In an effort to reduce the number of times a pilot has to report to the flight surgeon for a physical, AirScan and the hospital are working to schedule the FAA Class 1 physicals for each pilot at the same time as the Army Class 2 physical, which is required during the pilot's birth month. Then the next FAA physical is at the end of six months, Hansen said.

The course gave Lindborg a "greater respect for what is required" to fly and a new appreciation of Army routines, he said.

He added, "The pilots here are probably more examined than almost any population of pilots that they would find elsewhere in the world."

HELP WANTED

KRS has the following on-island job opening. Unless otherwise noted, call Alan Taylor, 55154:

SUBSTITUTE TEACHER. Provide supervision and instruction in the absence of the regular classroom teacher. Organizational skills and structure are a prerequisite. Teaching certification preferred, but not required. Childcare clearance.

CYS ACTIVITIES ASSISTANT DIRECTOR
CYS HOMEWORK CENTER LEAD
CYS TECHNOLOGY LAB ASSISTANT
MS/TEEN HOMEWORK CENTER ASSISTANT

Flexible hours, afternoons/evenings. High school diploma plus childcare/youth experience, childcare clearance required.

The following job vacancy is part time. For job information, call Linda Hinote, 58086 before noon.

BARTENDERS needed for the Vets Hall. Call Linda at 58086, before noon.

MIT Lincoln Laboratory has the following job vacancy. For job information or to submit resume, contact Lyn Long, MIT/Lincoln Laboratory, PO Box 58, APO, AP 96555 before Sept. 30, 2003.

SECRETARY administrative support, front office. Responsibilities include but are not limited to, processing travel documents, handling classified materials, processing and maintaining security information, maintaining files and calendars and answering phones. Required: Microsoft Office with PowerPoint and Word proficiency; minimum 10 years secretarial experience; demonstrated maturity, cooperativeness and competency; and have security clearance or ability to obtain one.

GIVEAWAY

FREE TV, like new 27". Call Tyler 51810.

LOST

WATCH, Girls blue G-Shock watch lost at CRC. Return to Lynn Pippett at CRC. No questions asked. Sentimental value.

BRACELET with many strands of green beads and large silver bead in the middle, reward. Large heart shape piece of coral lost from doorstep. Piece has sentimental value. Return to Qrts. 423A or call 55509.

WANTED

HOUSE. My mother and friend are visiting from Oct. 14-21 and need a house sitting situation. Call 53893W or 51622H.

BEACH TOWEL. Towel was borrowed by the person who purchased our telescope. The towel can be left on Qtrs. 484B patio.

FOR SALE

JET SKI, Wave Venture three-person, very stable, low hours and a lot of power, new dry-cell battery and cover, includes 2003 registration, aluminum trailer, 48 qt. cooler, rack and pole holder, ski #228 near the launch ramp area, \$4,500. Call 54555 or 54431.

SONY RECEIVER FM stereo with remote, \$65; food/hand thermo therapy; Dr. Scholls,

new, \$25.

CHILD BIKE HELMET, new, white, \$25. Clairol heated roller set, \$100; twin size floral sheet set, new, \$22. Call 52197.

DEHUMIDIFIER, Maytag, 45 pint capacity, new. \$200. Call 50946W, 52788H.

FISH TANK, 55 gallon. Great condition. \$200 or best offer. Call 54784 and leave message.

PCS SALE: color printer, HP 895CXI, \$50; ScubaPro BC w/AIR2 Octo, needs zipper, small size \$100; hard plastic travel case w/wheels for golf clubs, lockable, \$50. Call Brian 54452W or 51561H.

DISHWASHER new still in the box, \$450; two modern metal and wood bar stools, \$20; child's bike helmet size 15 months and up, \$25; child seat for bike, new, \$45. Call 51175.

PIANO, large upright, wonderful sound. Call Laura, 52823.

ENTERTAINMENT UNIT solid oak, holds 27" TV and VCR w/cabinet on bottom, \$200; Fisher Price doll house w/dolls and accessories, \$35. Call 53276.

COUCH and 50 gallon aquarium for sale. Call 54184, leave message.

PLANTS. Bird of Paradise, orchid, pineapple, many more. Call ahead for appointment, evenings only, 53140.

COMMUNITY NOTICES

GOLF TOURNEY. The 2003 Kwajalein Open Golf Tournament is Sept. 28- Oct. 27. This is also qualify for the Mixed Horse Race, Nov. 4, 4:30 p.m. and the Men's Horse Race, Nov. 5, 4:30 p.m. Qualify attempt envelopes are provided at the Pro Shop, Holmberg Fairways. The cost is \$5 per attempt. Women do not need to qualify. For more information call Pam or Andy, 54284W or 54678H

CUB SCOUTS Pack 135 are having a sandcastle building competition followed by a pack meeting, Emon Beach Sept. 29, 2 p.m. The sandcastle competition is 2-4 p.m. Bring sunscreen and beach supplies. The pack meeting is at 4 p.m. Call den leaders with questions.

SCOUT LEADERS TRAINING. Roundtable leader training meeting, for Cub Scout Pack 135, on Friday, Sept. 26, 7-9 p.m. A training video will be shown. Call Marti, 53466, with questions.

SPORT FISHING. The Kwajalein Atoll Sport Fishing Club's month meeting is Wednesday, Sept. 24, 7 p.m. at the Pacific Club.

HOME SCHOOL parents who have not registered their students with the Kwajalein schools should pick up a copy of the Kwajalein home school policy at building 368, the school administration building. For more

Manit Day Celebration

Sept. 29, 2-6 p.m.



Marshallese Cultural Center

Coconut rope making
Fishing
Navigation
Building traditional homes
Fire building

Slide show of the debrum project, 7 p.m.
Volunteers needed
Call Cris, 52935 for more information

information call 53761.

USAKA residents who employ domestics. Your domestic workers have access to Kwajalein during the hours reflected on their individual contracts, only. There is no grace period now that they have C-badges. Only child care providers may work seven days a week until 9 p.m. USAKA residents must contact the Host Nation Office, 54848, to generate these new days and hours.

Dri Jerbal ro an USAKA mwe rej joko ion Kwajalein in ro im ewor aer domestic dri jerbal rej aikul melele bwe dri jerbal ro aer remaron in itok non ion enein wot ilo ien aer jerbal wot, ijelokin wot ro rej kajiriri remaron in ber 7 raan ilo juon week im remaron rool ilo 9 p.m., kin wot an moj an moj ukot badge eo aer non C-badge. Ro rej jokwe ion Kwajalein in remaron call e lok Host Nation Office eo ilo

Requesting Retail Items?

Have a comment about
Ten-Ten, Macy's,
Macy's West, or Gimbel's?

E-mail
Retail@kls.usaka.smdc.army.mil



Three Palms Specialty Nights

Sundays & Mondays: Steak
Tuesdays: Mexican Taco (closed tonight)
Wednesdays: Chinese Food/Stir-fry
Thursdays: Chef's Choice
Fridays: Aloha Friday
Saturday: Prime Rib

Ocean View Bar Night Out

Sundays & Mondays: Wine specials & jazz
Tuesdays: Latino - Coronas & Margaritas & Latino music
Wednesdays: Asian beer & Kamikazes
Thursdays: Special drinks for the ladies
Fridays: Mai Tais, Blue Hawaii's & Hawaiian DVD music
Saturdays: Live DJ and wine specials



Cafe Pacific

Hawaiian Luau Sunday Brunch

Sept. 28

Sushi Bar

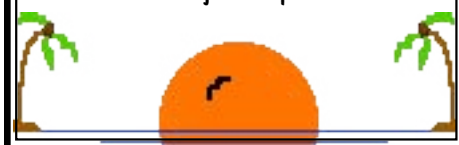
Kalua Pork & Cabbage - Hawaiian Lau Lau

Chicken Long Rice - Charbroiled Mahi Mahi

Teriyaki Beef Steak - Lomi Lomi Salmon

Spam Fried Rice - Poi

Manju - Haupia



numba ne, 54848, non ejaaki awa kab raan kaal ko.

BILLING. In accordance with the April 2003, USAKA Financial Policy and Rate Manual, section 1-3, beginning Oct. 1, 2003, all informal billings over 30 days are assessed a \$10 penalty charge, per invoice, per month. Informal bills include any personal invoice originating in Finance, including telephone billings. Questions, call Jennifer at 53330.

OKTOBERFEST. Yokwe Yuk Club, Sunday, Oct. 12 at the Pacific Club and the Oceanview Club. Authentic German food, oompah music by Rick Feagler, crab races and games.

MASTER MASONS. All Freemasons, in good standing, are invited to attend an informal gathering at the Veteran Hall, Wednesday, Sept. 24, 7 p.m. Call Doug, 52681 for more information.

KWAJALEIN TENNIS CLUB is hosting a Fall Fun Tennis Tournament Sept. 28- Nov. 16. The tournament is open to all tennis players. It is a round robin format. There is a \$10 entry fee for KTC members and a \$20 fee for non-members. Entry forms are available at Post Office bulletin board or call Ray,

Mandatory Island Orientation

and optional Host Nation cultural tour

Monthly island orientation and Ebeye cultural tour is tomorrow. For the trip to Ebeye arrive at Dock Security Checkpoint in time for the 7:20 a.m. ferry. Bring money for lunch and shopping and your K-badge. Women should wear long dresses or modest skirts. Sunscreen, light colored clothing and bottled water are highly recommended.

Questions?

Call Host Nation, 54848.

ISLAND ORIENTATION IS REQUIRED

For all new arrivals and recommended for family members over 10 years of age. Report to CAC room 6 at 1 p.m., tomorrow.

Questions? Call 51134

54310 before Sept. 25.

FISHING TOURNAMENT. The Columbus Day Charity Fishing Tournament is Monday, Oct. 13, 8 a.m.-6 p.m. \$150 per boat entry fee. All proceeds go toward a Christmas exchange project for the Lib Island Marshallese community. The tournament is open to all authorized Kwajalein personnel, B-Boats and private boats. Event sponsored by Kwajalein Atoll Sport-fishing Club. For more information or to register, call Steve Moore, 57072W or 52517H.

INSURANCE ID CARD required from patients at the time of service by Kwajalein Hospital. Card must be presented in order to file claims with your insurance company. Due to the high volume of denied insurance claims, we must have proof of insurance. Patients can expect to pay for medical services if proof is not supplied.

SHAVING CREAM SOCIAL is Friday Oct. 24 at the family pool for kids grades kindergarten through 12. We will provide the shaving cream. Kindergarten through 12th grade, 4:15-4:45 p.m.; third through sixth grade, 5:00-5:30 p.m.; seventh through 12th grade, 5:45-6:15 p.m.

KIDS COSTUME CARNIVAL is Monday Oct. 27 from 4-7 p.m. in the CRC Gym. All kids up to eighth grade are invited to come to the annual Community Activities Kids Carnival and Contest. If you would like to volunteer to help with the carnival, call Kathy, 53331.

THE SNACK BAR is closed for a monthly maintenance. It will open Wednesday.

PARENTS AND TEACHERS, the next PTO meeting is Wednesday, Sept. 24 at 7 p.m. in the elementary school music room. Questions? Call Lora, 54186.

ATTENTION ALL POTTERS. It's clean up time at the Hobby Shop. Please come and claim all your bisque ware, clay, glazed pieces, clothes, shoes and tools.

LIBRARY PATRONS, from now through Sept. 29, help choose the McNaughten books ordered this month for adults, young readers, and children's books. Request forms are available at the front desk.

OUTER ISLAND CHRISTMAS DROP meeting, tonight, 7 p.m., CRC room 5. Anyone interested in helping out should attend.

RMI SHOPPING DAY is Saturday, Sept. 27. Macy's, Macy's West and Gimbel's store hours are: 10 a.m.-6:30 p.m.

FAMILY CHILD CARE informational meeting, Sept. 25, 7 p.m. in the elementary school music room. Stop in to find out about this opportunity. Call 52158 for details.

BOWLING 101 classes will be held on Sept. 28, 7-9 p.m. If you have questions or are interested in joining, call Thompson, 53320.

LIVE MUSIC with "All Together Spent" at the Yuk Club, Saturday, Oct. 4, 9 p.m.; Emon Beach, Sunday, Oct. 5, 6 p.m.

YYWC is having a pre-holiday pampering

Protestant Chapel Group presents

PIZZA MOVIE NIGHT

For all unaccompanied

personnel

at the Adult Recreation Center

Thursday 6:30 p.m.

See you at the movies!

Wednesday

Phone Booth (2003, R) A man who juggles a wife, mistress and job is suddenly thrust in to chaos when he answers a New York City payphone.

Adult Recreation Center, 7:30 p.m.

Saturday

The Cradle 2 Grave (2003, R) This action thriller's plot twist and turns when a cop and a crook team up.

Yokwe Yuk Theater, 7:30 p.m.

The Hunted (1995, R) An American computer salesman becomes a marked man after witnessing a murder, while in Japan.

Roi Namur, C Building, 7 p.m.

The Lord of the Rings: The Two Towers (2002, PG13) Hobbits Frodo and Samwise continue the adventure to Modor to destroy the Ring of Power.

Richardson Theater, 7:30 p.m.

Sunday

The Matrix (1999, R) Is it real or is it an illusion when artificial intelligence creates a world of illusion.

Yokwe Yuk Theater, 7:30 p.m.

The Lord of the Rings: The Two Towers (2002, PG13) Roi Namur, C Building, 7 p.m.

Chasing Papi (2003, PG13) A man, living in LA, finds out the hard way about dating three different women, when they all decide to visit him.

Richardson Theater, 7:30 p.m.

Monday

The Cradle 2 Grave (2003, R)

Yokwe Yuk Theater, 7:30 p.m.

Manit Day Celebration

Richardson Theater

Tuesday, Oct. 14 from 7-9 p.m. in the CRC room 6 and 7. Marion Ruffing speaks about Stress Reducers; Sheri Howard about Power of the Mind; and a Marshallese speaker on Marshallese Medicine. This is a private event for members only. Membership available for a \$10 annual membership fee. For more information, call Suza, 55565, before Oct. 7.

GIRL SCOUT REGISTRATION continues this week for new and continuing scouts. The deadline for registration is Monday, Sept. 29. For forms or more information call Shelley, 50161.

MAGAZINE VOTING. Come to the library to fill out a Magazine Vote Card from now until Sept. 29. For more information call Amy, 53439.

Macy's

Toy Sale

Sept 22-27

10% off all toys

With diabetes, a healthy diet remains the key to survival

By KW Hillis
Assistant Editor

Diabetes wasn't a problem for Pacific Islanders' great-grandparents, but it is a big problem now, according to certified diabetes education and registered dietitian Conly Acton.

In the past the Marshallese "lived a lean life ... their diet wasn't excessive and they worked hard to live," she said, explaining that Marshallese and the other ethnic group ancestors developed what she called a "thrifty gene."

"Now they are getting all this food," she said. "Instead of plant food and fish that they existed on, now they have all this food that is packed with energy — fried food, chips and candy."

Acton, a diabetes educator with Bon Secours - Venice Healthcare Corpora-

sulin produced, as in Type 1 diabetes; or if the body can't use it properly, as in Type 2 diabetes, the most common form; and gestational diabetes, affecting pregnant women; then blood sugar levels can sky-rocket leading to major illness or even death.

Acton did her homework by visiting Ebeye before the presentations.

"If they are buying their food [on Ebeye], it is very high in sugar, very high in salt and very high in fat."

The saving grace, she said, is the fact Marshallese dilute the high amount of fat and sodium with a lot of rice.

Acton engaged the audience by asking how they cook some of their favorite foods, such as breadfruit and turkey tails and recommended new ways to cook.

"I really liked her talk," said Hering Robert, Café Pacific grill worker.

"I'm exercising more and I told my wife not to make turkey tails any more because they are mostly fat," he said.

Genetic predisposal for diabetes doesn't mean the person will get the illness, Acton said.

"Something else has to happen," Acton said, explaining that too much food and not enough exercise can trigger it, which is why more and more Americans without genetic predisposal are being diagnosed with diabetes.

Action gave hints on how to measure food, what foods a person with diabetes can eat and other health tips including daily foot care which is very important for diabetics who sometimes lose feeling in their extremities.

The good news is that diabetics can eat sugar-containing foods in moderation despite an old belief that foods with sugar would raise their blood sugar too fast, she said. Sugar does raise blood sugar, but no more than foods like white bread, white rice and breadfruit — all simple carbohydrates or starches.

Using "one carb" or the energy gained from one slice of bread as a measure-

ment, Acton showed how even sodas can contribute to blood sugar problems.

"But one can of soda has as much energy or carbohydrates as three slices of bread," she said. "It can make a huge difference in blood sugar levels to switch from regular [soda] to diet."

Recommending water to drink, she said, "I have seen patients whose main reason their blood sugar was high was they were drinking Gatorade, and non-diet sodas, instead of water. Water doesn't make the blood sugar go up."

Serving size is important, so measure food, she said.

"Look at food labels ... But first look at the serving sizes because all the information is based on that," she said.

"Does that sound like an amount that would fill someone?" she said, showing macaroni and cheese label indicated that a serving size is one cup. The audience answered, "No."

Since some people chose to drink alcohol, Acton explained it's affect.

"It is very high in calories," she said. "That may be contributing to their fatness, because alcohol doesn't raise the blood sugar, it actually lowers the blood sugar, but in an uncontrolled way ...[can result in] dangerous low blood sugar," she said.

Once a new nutritionist is hired, KRS Food Services plans to work with the hospital if one of their patients needs particular kinds of food, with Supply to make sure certain foods are available and with the community at large, educating them about food, said Johann Baumi, KRS Food Service manager.

The bottom line is that all foods can be consumed by diabetics, but in moderation. Also exercise to use up the energy or fuel in the body is needed, Acton said.

"No matter whether you eat plain or combination, have a narrow variety, or a wide variety, you can still control blood sugar," she said.



tion, in Venice, Fla., voluntarily gave two diabetic presentations, Sept. 10 and Sept. 12, during her visit with her son, Capt. Richard Scrivner. Members of the hospital staff and food service workers attended the noon meeting, and over 30 people, mostly Marshallese, attended the evening meeting for patients.

The hospital sent out letters to 100 Marshallese who attend the every-other month diabetic clinic, said Valerie Janikowski, Out-patient nurse manager. She explained that 30 chose to stay late, on their own time, to learn more about their disease.

Diabetes is a serious illness, Acton said. The body uses insulin, which is produced by the pancreas, to convert food into energy. If there isn't any in-

Weather

Courtesy of Aeromet

Tonight: Partly cloudy with isolated showers.

Winds: East to southeast at 5-10 knots.

Tomorrow: Partly sunny with isolated showers.

Winds: East to southeast at 5-10 knots with higher gusts near showers.

Temperature: Tonight's low 80°
Tomorrow's high 88°

September rain total: 6.09"

Annual rain total: 63.15"

Annual deviation: -3.96"

Call 54700 for continuously updated forecasts and sea conditions.



Sun • Moon • Tides



	Sunrise/set	Moonrise/set	High Tide	Low Tide
Tuesday September 23	0638/1845	0344/1636	0230, 4.9' 1500, 4.3'	0900, 1.2' 2050, 1.3'
Wednesday September 24	0638/1845	0439/1723	0300, 5.4' 1530, 4.9'	0920, 0.8' 2120, 0.8'
Thursday September 25	0638/1844	0533/1809	0340, 5.8' 1600, 5.4'	0950, 0.4' 2200, 0.3'
Friday September 26	0638/1843	0627/1855	0410, 6.0' 1630, 5.8'	1020, 0.2' 2230, 0.0'